

Self-Care Routine for the Winter Season

Hot Towel Scrub

Body scrubbing can be done before or after your bath or shower, or anytime during the day. All you need is a sink with hot water and the medium-sized cotton washcloth that you got this weekend.

For maximum effect, scrub your body twice a day: once in the morning and again in the evening. Scrub from 2 minutes to 20 minutes, depending on how much time you have. The effect of the hot towel scrub is much deeper physically, mentally and emotionally when done at the sink, as opposed to the shower.

Directions:

1. Turn on the hot water and fill the sink.
2. Hold the towel at both ends and place in the hot water.
3. Wring out the towel.
4. While it is still hot and steamy, begin to gently scrub the skin with it.
5. Do one section of the body at a time. For example, begin with the hands and fingers and work your way up the arms to the shoulders, neck and face, then down to the chest, upper back, abdomen, lower back, buttocks, legs, feet and toes.
6. Scrub until the skin becomes slightly pink or until each part becomes warm.
7. Reheat the towel often by dipping it in the sink of hot water after scrubbing each section.

Benefits:

- reduces muscle tension
- reenergizes you in the morning and deeply relaxes you at night
- opens the pores to release stored toxins
- softens deposits of hard fat below the skin and prepares them for discharge
- allows excess fat, mucus, cellulite and toxins to be actively discharged to the surface rather than accumulate around deeper vital organs
- relieves stress through meditative action of rubbing the skin
- calms the mind
- promotes circulation due to scrubbing and the heat of the washcloth
- activates the lymphatic system, especially when scrubbing underarms and groin
- is a form of self-massage and deep self-care
- can be a sacred moment in your day, when done with candlelight and a drop of two of essential oil, such as lavender for relaxation
- creates a profound and loving relationship with the body, especially parts we've disowned, especially for a person with body image problems
- spreads energy through the charkas

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Fence Visualization

start with breath and awareness

visualize yourself outside in a grassy field

look around notice the colors , the feel of the breeze, any smells

look out toward the horizon-what does it look like

now, notice that there is a fence in front of you

go up to it, notice what its made out of, what color is it, how high is it

look around you and find a ladder lying in the grass

what is it made of, what color is it, is it old, new, how long is it

is there anything attached to it

take your ladder and put it up against your fence

climb up to the top, what can you see from here?

what can you see out toward the horizon?

now-jump onto the other side

after you land, take some time and look around, what is it like

run around and play and have some fun if you want to

take a deep breath, feel the chair under you supporting you

feel the air on your skin, hear the sounds around you in the room, put your hands over your eyes

slowly open your eyes and then slowly lower your hands , slowly notice color and shape around you and come

back to the room

the fence is your barriers

the ladder is your support system

the other side of the fence is your future

Quickly write down what happened/what you found out?

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Gratitude Meditation Practice

For 7 days in a row, try this gratitude meditation and see the magic unfold.

When you commit to feeling good in the morning, you set yourself up for success. You will realign your energy with love and gratitude, and you will feel happier and less stressed throughout the day.

Affirmation:
I begin my day with gratitude

When you bring your focus to your morning routine, you can shift your patterns. You can start your day with grace and ease if you simply commit to being in an energy of gratitude.

Follow these 2 simple steps to start your day with gratitude:

Step 1: Begin your day with meditation

Every day this week, sit quietly for 10 minutes in the morning. Close your eyes and watch your thoughts go by. Commit to meditating for 7 days in a row and you will feel your spiritual connection deepen.

Step 2: Following the meditation, practice this journaling exercise from Abraham-Hicks.
It's called a Rampage of Appreciation.

Write for at least 10 minutes about what you appreciate most.

This Rampage of Appreciation can include people, things, situations, encounters or anything else, on any topic. They can be subtle, major, serious or fun! If you can't write for 10 minutes or longer at first, aim to write for five. Really feel the appreciation flow through you and notice as your energetic vibration is raised.

By Gabby Bernstein, The Miracle Membership Coaching Program

